



HERITAGE

Welcome Spring! I am so excited that the outdoor weather is quickly approaching. We will be getting ready for some great trips, some nice walks and a lot of socialization!

Attention **Tai Chi class students, the Tai Chi classes will be moving from Friday's to Tuesday's, beginning Tuesday, April 5th from 10:15-11:00 am.** There will be one final Friday class, held on April 1st.

The City of Lowell Public Health Nurse will be available after the monthly Veterans' breakfast, to do blood pressure checks, The clinic is being held 2 hours following the breakfast (beginning May 13th) . Thanks, Lowell Public Health Staff!

Also, at the Veterans breakfast this month, we will have a speaker from the "PACE" program. This is a great program for seniors in need of social day care but want to remain in their own homes. All expenses are paid through Medicare and some secondary insurances. The day care programs offer socialization, meals, doctors/nurses, wound clinics, hairdresser, movies and more!

Come join us for a **"Soups on" contest day with Sheila Rooney from Wingate of Belvidere. On Thursday, April 14th @ 11 am.** Taste tests, door prizes and more!

Inside

- 2. Contacts
- 3 Day & Overnight Trips
- 6 Doctor's, Nurse's & More!
- 10 Calendar Events
- 12 Lunch Menu

Come celebrate "Cambodian New Year"! The annual celebration will be held at the Lowell Senior Center on Saturday, April 9th! Food, information tables, entertainment and more will be available.

DJ Kevin Reilly will be entertaining on "Earth Day" at the Friday Social, April 22nd at 1-3pm.

The **Lowell Lions Club** will be sponsoring a **Friday Pizza Party, social, on April 29th, from 1-3pm.** This event is complimentary. Pizza, chips and beverages will be served. Thank you, Lions Club!

Tufts Health Insurance and Informational Table will be on site on Thursday, 14th from 9-12pm.

STOP! Are you wiring money? You may be falling for a common scam!

*IRS Imposters-The Internal Revenue Service has demanded payment for back taxes

*Arrested Relative-You have been told a relative has been arrested and to send money for bail

*Sweepstakes-You've been notified that you won a contest or sweepstakes and must send money to collect your winnings

*Tech Support-You have been contacted that your computer is broken and you are asked to send money so it can be repaired

Not sure? Before sending money call the Lowell

Police Department 978-937-3200 or the Lowell Senior Center at (978) 674-1171 and ask for Michelle.

Have a beautiful month!

Michelle Ramalho-Director

There's a lot to like about Lowell

CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Edward J. Kennedy Jr.

**Vice Mayor**

Daniel P. Rourke

\*\*\*\*\*

Corey A. Belanger

Rodney M. Elliott

John J. Leahy

James Leary

Rita M. Mercier

James L. Milinazzo

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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Receptionist: Tara Donnelly
978-674-1171 ~ tdonnelly@lowellma.gov

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**Civic Events:** Carol Lannan  
978-674-1169 ~ CLannan@lowellma.gov  
**Volunteer:** Sandra Breen 978-674-1176  
sbreen@lowellma.gov 978-674-1169

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Outreach Caseworker: Amy Medina Leal
978-674-1167 ~ aleal@lowellma.gov

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**Volunteer Coordinator:** Eileen Golden  
978-674-1173 ~ egolden@lowellma.gov  
Monday, Tues. & Thurs. 8 am to 1 pm

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Outreach Volunteers:

John R. Lawlor ~ 978-674-1174 ~ Jlawlor@lowellma.gov

FREE BENEFITS CHECK UP

Monday ~ Friday ~ 10 am ~ 3 pm

Carol Violette ~ 978-674-1168 ~ cviolette@lowellma.gov
PICTURE ID : Tuesday ~ Friday 10 am ~ 2 pm

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**Kitchen Staff—978-970-4132**

Virginia Valdez &amp; Karl Correa ~ Weekdays

Chuck Kuenzler ~ Weekends

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S H I N E (Serving Health Insurance Needs for Elders)

Joan Gong ~ 978-674-1172

First come, First served, Mondays ~ 8:30 to 10:30 am

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**Legal Services Assistance & Referrals**

For an appointment call: 978-458-1465

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Pollard Library ~ 978-674-8634**COA Library Annex ~ 978-970-4186**

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**Lowell Senior Center Hours of Operation:**Monday~ Friday: Open **6:30** am to **4:00** pm

Lunch served at 11:30 am

Saturday ~ Sunday: Open **7:00** am until **12** noon

Breakfast and Lunch ONLY

**COUNCIL ON AGING****BOARD OF DIRECTORS***Joan Bedford**Joyce Dastou**Andrew Hostetler**Eric Lamarche**John R. Lawlor**Sidney Liang**Vincenzo Milinazzo**Suellen O'Neill**William Sheehan, Chair*

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**Next meeting: Mon, April 11th
at 9:00am — Public Welcome****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Rita M. Mercier

VICE PRESIDENT

Dr. Joseph M. Downes Jr.

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1172

**Next meeting Fri., April 29th @  
9:30 am—Public Welcome**

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! All Trips must be paid in full one month prior to travel date. Additional information is available at the 2nd floor Civic Events Office. **LCOA policy:** NO REFUNDS if you do not purchase insurance. **The bus will depart SHARPLY at the printed time.** Roger's Wednesday trips depart from the Ayotte Garage (no charge for parking) unless noted otherwise. **The office is now open from 8 a.m. to 4 p.m.**

## DAY TRIPS

**April 19, Tuesday ... "The Moulin Rouge." Randolph, Price: \$70.** Welcome to PARIS, FRANCE!!! Have you ever wanted to experience the Moulin Rouge in Paris first hand? Here is your chance to see a great Parisian style show here in your own backyard. We proudly present to you to the critically acclaimed show "L'Opera Burlesque" and the best part is that its CLEAN entertainment (PG rating, no nudity) show. will be heled at Lantana's in Randolph Massachusetts. **Roger's Bus Departs from the Lowell Senior Center at 10:15 am**

**April 28, Thursday..."One Slight Hitch". Price: \$65.00 Newport Playhouse** It's COURTNEY,S wedding day, and her mom Delia, is making sure that everything is perfect. The groom is perfect. The dress is perfect, and the decorations (assuming they arrive) will be perfect. Then like in any good farce the doorbell rings. And all hell breaks loose. So much for perfect! **Roger's Bus Departs from the Lowell Senior Center at 9 am**

**May 17, Tuesday. . . LIVE in Concert "FACE TO FACE" — ELTON AND BILLY JOEL The Ultimate Tribute Show! Cost \$70.00 . . . Danversport Yacht Club —** The Best of Times has done it again! A musical recreation of one of the greatest tours of all times featuring two of the greatest performers of all-time! The real artists toured on a series of shows and were the most successful concert tandem in professional music history "Face to Face". Billy Joel tallied 33 top 40 hits in the US in the 70's, 80's and 90's. Elton John sold more than 300 million records and had more than 50 top 40 hits. Artists Greg Ransom and Mike O'Brien will perform stingily and FACE TO FACE! **Roger's Bus Departs from the Lowell Senior Center at 10 am**

**June 21, Tuesday. . . "Play it Again Sam" "Lobster-fest" Newport Playhouse — PRICE \$65.00** ALLEN has this thing about HUMPREY BOGART , If only he had some of BOGART,S technique... BOOKISH and insecure with women, ALLEN,S hero, Bogey comes to the rescue .with a bevy of beauties played out in hilarious fantasy sequences. Fixed up by friends with gorgeous women, he's so awkward even BOGEY,S patience is tried. ALLEN mostly resembles a disheveled, friendly dog and this is what charms his best friend's wife into bed. It's a tough life, making it in the world of beautiful people but if you can't be a hero it helps to have one. **Roger's Bus Departs from the Lowell Senior Center at 9 am**

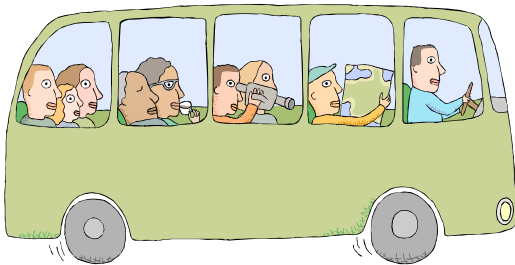
**June 23, Thursday. . . The Highwaymen & the Queens of Country! - PRICE \$70.00** At the Venus De Milo, Swansea, MA. A tribute to The Biggest SUPERSTARS of COUNTRY: Reba, Dolly, Willie, Waylon, and Johnny! — need we say more? This is a MUST SEE show and a power-packed performance featuring the greatest SUPERGROUP of SUPERSTARS! This is an INCREDIBLE SHOW full of upbeat, honky-tonk HITS . . . Ring of Fire, Dukes of Hazard and On the Road.

**July 26, Tuesday. . . Bon Voyage! & Bon Appetite! . . . The Spirit of Boston PRICE \$65.00 —** An Exclusive "Best of Times Event! A Two hour cruise of historic Boston Harbor. The all inclusive event includes everything except drinks and photos. Tour the ship in all its glory as well as the Grand Buffet. . . There is sure to be something to please anyone! —Go back for seconds or thirds. And Rock 'til you dock!!! Professional DJ. **Roger's Bus Departs from the Lowell Senior Center at 9:30 am**

**TRIPS CONTINUED . . . August 11, Thursday . . . Traditional Maine Lobster bake at Foster's Clambake Restaurant in York, ME. PRICE: \$75.00.** Aside from slaving a delicious one of Foster's lobsters with all the Fix'n's you will be amazed by one of the most talented man alive: He is a Singer, Comedian, Ventriloquist and Celebrity Impressionist!— Michael Minor. You name it— and he has played there! Caesar's Palace in Las Vegas,, Branson, MO, American Music Theater, Lancaster, PA at the Dixie Stampede and was vocalist for the Shoji Tabuchi Show. He will definitely engage and entertain you with his pin-point impersonations! Michael sings everything from Country, Broadway to Rock 'n Roll. **Roger's Bus Departs from the Lowell Senior Center at 9 am.**

**AUGUST 16, Tuesday..."Unnecessary Farce".. PRICE \$65.00 "LOBSTERFEST Newport Playhouse "TWO cops. THREE crooks. EIGHT doors. Go. In a cheap motel room, an embezzling mayor is supposed to meet with his female accountant, while in the room next-door, two undercover cops wait to catch the meeting on videotape, but there's some confusion as to who's taken the money ,who' hired a hit man, and why the accountant keeps taking off her clothes. **Roger's Bus Departs from the Lowell Senior Center at 9 am****

**SEPTEMBER 20, 2016 Tuesday . . . "PLAZA SUITE".....PRICE \$65.00 SURF & TURF** Hilarity abounds as 3 suburban couples takes a suite and it turns out to be the one in which they honeymooned 23 (or was it 24) years before and was yesterday the anniversary, or is it today? This wry tale of marriage in tatters is followed by the exploits of a HOLLYWOOD producer who, after three marriages, is looking for fresh fields. He calls a childhood sweetheart. Now a suburban housewife, for a little sexual diversion. Over the years she has idolized him from afar and is now more than the match he bargained for. The last couple is a mother and father fighting about the best way to get their daughter out of the bathroom and down to the ballroom where guests await, **Roger's Bus Departs from the Lowell Senior Center at 9 am.**



## Roger's \$5.00 Trips

*Ages 60 to 101!*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

*SCHEDULE IS SUBJECT TO CHANGE.*

### April tickets on sale April 1st

Thursday, April 21 ... Methuen Loop

Tuesday, April 26 ... Merrimack Outlet's

*( Our bus driver is on vacation the first 2 weeks in April)*

### May tickets on sale APRIL 29

Mon. May 2 . . . Northshore Mall, Peabody, MA

Tues. May 10 . . . The Old Mill Westminister, MA

Thur. May 12 . . . Hampton Beach, NH

Mon. May 16 . . . Historic Newburyport. MA

Mon. May 23 . . . Rockport, MA

Tues May 24 . . . Butterfly Place Tyngsboro, MA

Thur. May 26 . . . Kimball's Farm Ice Cream



## SPOTLIGHT EVENTS!

**Tues. May 17** — Elton John & Billy Joel @ Danversport, (MA) Yacht Club *(Book Now)*

**Thurs. May 19** — Salisbury & Tom's Discount

Limit (4) four tickets per person per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.





Two items were donated to the Senior Center this past month. Left is a large tall grandfathers chime clock that was altered to be electric. The other gift is a "Rudolf" Baby Grand Vertical Piano #118346 they are called vertical pianos because of their height and the position of the strings. Rudolf pianos were made by the "Winter" Piano Company, NY in the early 1920's. Spinets are the smallest of the pianos. The piano is a reliable piano produced by experienced makers under an economical system in a successful endeavor, to offer to the trade and the public a musical and durable piano at a reasonable price. They are not especially impressive to gaze upon but they sound beautiful, stay in tune for years at a time, and are loud as hell." The new additions are in the waiting area on the second floor near the elevator.. ***So, If you know how to play . . . Come on Down!***



Students volunteers from St. Patrick's School visit the Senior Center to help serve at the monthly Dinner-Dance

#### **NEW EVENTS FOR THURSDAY!**

**Ping Pong  
10-12pm**



**Art Class  
12pm-2pm**



#### **Center for Gerontology Research and Partnerships 2ND ANNUAL HEALTHY AGING – LIVING WELL FORUM**

April 22, 2016  
University Crossing  
Moloney Hall  
220 Pawtucket St., Lowell  
Center for Gerontology Research and Partnerships  
2ND ANNUAL HEALTHY AGING – LIVING WELL FORUM  
8:30 a.m. Registration\*  
9 a.m. Welcome  
9:15 a.m. Panel Presenters  
10-10:15 a.m. Break  
10:15-11:15 a.m. Panel Presenters  
11:15 a.m. Discussion & Questions  
Sponsored by  
UMass Lowell Department of Clinical Laboratory and Nutritional Sciences  
UMass Lowell Department of Community Health and Sustainability  
UMass Lowell Department of Physical Therapy  
UMass Lowell School of Nursing  
\*Light refreshments provided during Registration  
Public Welcome!

**Please RSVP to [Laura\\_Hajjar@uml.edu](mailto:Laura_Hajjar@uml.edu)**

Panel Presentation  
RESEARCH PANEL SPEAKERS:

Deborah D'Avolio, Ph.D., BC-ACNP, ANP  
Ramraj Gautam, Ph.D.  
Barbara Mawn, Ph.D. R.N.  
Eric G. James, Ph.D.  
Kelsey M. Mangano, Ph.D., R.D.  
Carol C. McDonough, Ph.D

## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—12:00 pm

**Dr. Gregory McNamara—Killer Feet**—1st Friday of every month

ONLY IF 5 or more people sign-up before the 1st Friday of that month.

1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-Rehab**—Question and Answer

sessions every Wednesday from 10:00 am-11:00 am

**Affordable Hearing with**

**Christopher Streeter**—Hearing

Testing, Hearing Instrument Testing.

4th Wednesday of each Month from 9:30am-11am in Board Room. Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month, please call 1-978-758-5378.

## NEW ADDITIONAL NURSING SERVICES

The City of Lowell Public Health Nurse will be available on:

The 2<sup>nd</sup> Thursday of each month from 9:00 A.M. until 11:00 AM for Blood Sugar Monitor Checks. (Please bring your own blood sugar monitor)

The 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month from 9:00 A.M. until 11:00 A.M. for Question and Answer session regarding Health Issues



It may not look it but Gerry Avilia is all smiles just like everyone else in the picture upon receiving a hand made crouched U. S. Flag by Sissy Paradis Sissy had recently made another flag a few months earlier for Zenon Morrisette and Gerry commented about loving to have one . . and before you could say "Jiminy Cricket" . . one appeared! At left is LCOA Executive Director Michelle Rarmalho. The flag was presented to Gerry at the Veteran's Breakfast on the second Friday of March Prior to the presentation the audience was informed about the "tab" collection containers used by the Order of the Masons.

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*



## YOGA

with Diana Kyricos

Wednesdays 10-11 am  
\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)





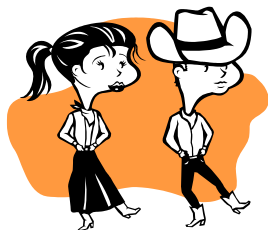
**Mah-Jong**

Mondays

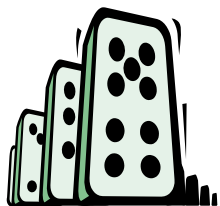
12:00—3:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**If you are  
interested, please  
see CharlotteLandry  
Tuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!Are you ready to be a  
U. S. Citizen?

Where: International Institute of Lowell

17 Warren St. Lowell. MA Second Floor

Please call 978-459-9031 for an Appointment

Ask for Peter Saati

Citizenship Coordinator

Are you Eligible?

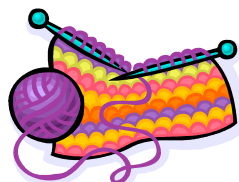
Be a legal permanent resident for five years

or 3 years if married to a legal Citizen

Speak and understand basic English (some  
are eligible for English exemption)**Basic documents required:**

Permanent resident card

\* Social Security Card

\* Money order or Check for application fee (Many are eligible for fee  
waiver) See below\* If you receive Benefits like S.N.A.P. (Food Stamps) SSI,  
T.A.N.F.T.A.F.D.C, MA Health (not all MA Health plans will  
qualify) bring a letter from agency stating the benefit  
you receive If applying for fee waiver**Quilting  
Lessons**Newcomers'  
welcome!Wednesdays  
12:30—3:00 pm**TAI CHI**Tuesdays 10:15 am & Fridays 10:00 am  
8 weeks for \$24 or walk-ins \$5 per classHelps with: Arthritis, strengthening the  
Immune system, High Blood Pressure, and  
Osteoporosis! Acupressure Points also  
taught: for headaches, stress, upset stomach  
& more!**Knitting  
&  
Crochet  
Group**Tuesdays  
12:00—3:00 pmNewcomers'  
welcome!

## Lowell Firefighters Perform A Mock Drill at the LCOA Veteran's Monthly Breakfast

The Great Hall at the Lowell Senior Center was the ideal space to show all in attendance exactly what happens when firemen/woman have to pull one of their own out of harms way. Public



Education Officer Paul LaChance, Firefighter Anthony Sanetti, firefighter Patrick McCabe, & Captain Tom McCulla were all on hand to conduct a very interesting and informative procedure. Youth-build teens, (above, lower right) are shown trying on fire gear worn in the demonstration.



## Card Making Class

First come, first served basis. RSVP to reserve your spot. See Tara.



## YOGA for VETs

with Diana Kyricos  
Wednesday's  
11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.



|   |   |   |   |   |   |   |   |   |   |   |   |
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| q | w | n | m | s | t | j | g | d | o | b | i |
| h | v | e | l | d | d | u | p | c | e | l | a |
| m | e | l | t | i | n | g | z | n | r | o | a |
| x | j | m | s | u | s | x | i | j | a | s | i |
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| e | w | b | b | g | n | l | t | o | s | c | s |
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| t | c | l | i | d | o | f | f | a | d | m | f |

|         |          |         |           |
|---------|----------|---------|-----------|
| blossom | daffodil | green   | growth    |
| melting | puddle   | rainbow | raindrops |
| seeds   | sunshine | tulips  | umbrella  |

## B - I - N - G - O

Every Wednesday

12:00—3:00 pm

50¢ per card

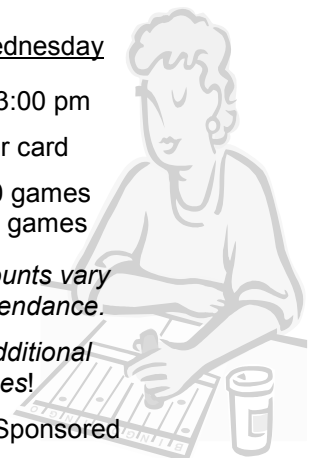
6 \$100 games

10 \$40 games

Prize amounts vary due to attendance.

PLUS additional prizes!

F L C O A Sponsored





## Community Teamwork, Inc Housing Consumer Education Center Workshops

**Financial Assistance/SMART Tenant Workshop** - This workshop is geared to those who are applying for financial assistance through the Housing Consumer Education Center. All who are applying for assistance must attend this workshop. The workshop focuses on eligibility and preparing you for the financial assistance application process, which is done by appointment only. Additionally, this workshop teaches you how to build and maintain tenancies, Fair Housing, Tenant Rights, apartment search, negotiating rental agreements, terminating rental agreements, reporting code violations, eviction prevention and how to be a "good tenant".

**Legal Service Clinic** – A representative from Merrimack Valley Legal Services may be able to provide you with advice around private landlord/tenant housing related issues. Pre-registration is required and participants must be income eligible.

**Subsidized Housing Application Workshop** – The session is open to tenants and providers seeking information about affordable housing options. Learn about criteria, wait lists and how to apply.

**Veterans Informational Education Workshop (VIEW)** – This workshop is designed to educate Veterans, their families and providers as to the programs, benefits and services available to them.

Legal Service Clinic workshops require preregistration. If you have questions or wish to pre-register, phone (978) 459-0551

### I am a Seenager. (Senior Teenager)

I had everything that I wanted as a teenager, only 60 years later.  
I do not have to go to school or work.  
I get an allowance every month.  
I have my own pad. I don't have a curfew.  
I have a driver's license and my own car.  
The people I hang around with are not scared of getting pregnant and they do not use drugs.

## Anxiety Support Group

with Steve Coupe

Fridays  
2:00—3:45 pm



Summit Eldercare program  
Monday, March 24

10:30 am—12:00 pm

Representatives from Fallon Health will be available to answer any questions that you may have regarding their plans.

Whether you are a current member or someone needing coverage; stop by and learn more!



| MONDAY                                                                                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                           | 1.<br>7-9 Breakfast Program 50¢<br>8:00 Foot Doctor<br>9:30 Personal Computer/<br>Tablet Assistance<br>10:00 Tai Chi<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1<br>2-3:45 Anxiety Support Grp                                          |
| 4.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B                                   | 5.<br>7-9 Breakfast Program 50¢<br>8-10 Circle Health Nurse<br>8:00 CTI meeting<br>10-12 Country Line Dancing<br><b>10-12 LPD drop-in</b><br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet | 6.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br><b>10-11 Dr. George Potamitis</b><br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo (FLCOA sponsor)<br>1:30-3:30 Quilting | 7.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong- Great Hall</b><br><b>12:00 Free Art Lessons—</b><br><b>Board Room</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B                                        | 8.<br>7-9 Breakfast Program 50¢<br><b>9:00 Veterans Breakfast</b><br>9:30 Personal Computer/<br>Tablet Assistance<br>10:00 Tai Chi<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1<br>2-3:45 Anxiety Support Grp                            |
| 11.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br><b>9:00 COA Board Meeting</b><br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 12.<br>7-9 Breakfast Program 50¢<br><b>10-12 LPD drop-in</b><br>10-12:30 Circle Health Nurse<br>10-12 NO Country Line Dance<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet               | 13.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>10-11 Dr. George Potamitis<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo (FLCOA sponsor)<br>1:30-3:30 Quilting       | 14.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br><b>9-12pm-Tufts Insurance Mfg.</b><br>10:00 AA Info meeting<br><b>10:00-Ping Pong- Great Hall</b><br><b>12:00 Free Art Lessons—</b><br><b>Board Room</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B | 15.<br>7-9 Breakfast Program 50¢<br>9:00 Friends Meeting<br>9:30 Personal Computer/<br>Tablet Assistance<br>10:00 Tai Chi<br><b>10-3 Dinner Dance-Ham</b><br><b>Dinner- \$7.00 –&amp; DJ</b><br><b>David Garnick</b><br>11:30-3:45 Poker<br>11:45 Wii Games<br>2-3:45 Anxiety Support Grp |
| 18.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards                                                                                                              | 19.<br>7-9 Breakfast Program 50¢<br><b>10-12 LPD drop-in</b><br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games                                                                 | 20.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:00 Affordable Hearing<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br><b>10-11 Dr. George Potamitis</b>                                                                                | 21.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong- Great Hall</b><br><b>12:00 Free Art Lessons—</b><br><b>Board Room</b><br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games                                                                               | 22.<br>7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance<br>10:00 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games                                                                                                                    |

|                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                           |                                                                |                                                                                                                                                                                                                                                                               |                                                                                                                                       |                                                                                                                                                                                                                                                                                                                    |                                                        |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                       |                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| 11:45 Wii Games<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B                                                                                                                                                                        | 25.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet | 26.<br>7-9 Breakfast Program 50¢<br><b>10-12 LPD drop-in</b><br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br><b>12-3 Brown Bag Pick Up</b><br>12-3 Knitting & Crochet | 10-11 Dr. George Potamitis<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo (FLCOA sponsor)<br>1:30-3:30 Quilting | 27.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:00 Affordable Hearing<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br><b>10-11 Dr. George Potamitis</b><br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo (FLCOA sponsor)<br>1:30-3:30 Quilting | 11:30 Lunch (see menu) \$2<br>1:45 CTI Bone Builders B | 28.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong- Great Hall</b><br><b>12:00 Free Art Lessons—<br/>Board Room</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B | 29.<br>7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance<br>10:00 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br><b>1-3 Senior Social FREE-<br/>PIZZA PARTY, sponsored<br/>by Lowell Lions</b><br>2-3:45 Anxiety Support Grp | 1-3 Senior Social \$1-DJ<br><b>Kevin Reilly</b><br>2-3:45 Anxiety Support Grp |
| 7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 27.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet | 28.<br>7-9 Breakfast Program 50¢<br><b>10-12 LPD drop-in</b><br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                                  | 10-11 Dr. George Potamitis<br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo (FLCOA sponsor)<br>1:30-3:30 Quilting | 29.<br>7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:00 Affordable Hearing<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br><b>10-11 Dr. George Potamitis</b><br>11:15-12 Yoga for Vets<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo (FLCOA sponsor)<br>1:30-3:30 Quilting | 11:30 Lunch (see menu) \$2<br>1:45 CTI Bone Builders B | 30.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong- Great Hall</b><br><b>12:00 Free Art Lessons—<br/>Board Room</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B | 31.<br>7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance<br>10:00 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br><b>1-3 Senior Social FREE-<br/>PIZZA PARTY, sponsored<br/>by Lowell Lions</b><br>2-3:45 Anxiety Support Grp | 1-3 Senior Social \$1-DJ<br><b>Kevin Reilly</b><br>2-3:45 Anxiety Support Grp |

# SPONSORS



# Lunch Menu



**Lunch is served at 11:30 am. A donation of \$2.00. Menu subject to change.**

Lunch Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEA, Merrimack Valley Nutrition, & City of Lowell.

PLEASE SWIPE YOUR CARD & SIGN UP FOR LUNCH! See Tara if you need a card.

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

|                                                                     |                                                        |                                                                    |                                                                              |                                                                |                                                                        |                                                        |
|---------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------|
|                                                                     |                                                        |                                                                    |                                                                              |                                                                | 1. Crunchy Lite Fish, potato wedges, corn, wheat bread, juice, pudding | 2. Stuff Pepper, corn, wheat bread, apricots           |
| 3. Roast Pork, peas, potatoe, wheat bread, pears                    | 4. Hotdog & roll, Beans, coleslaw, peaches             | 5. Chicken Ala King, rice, biscuit, orange                         | 6. Salisbury Steak, potatoe, carrots, wheat bread, juice, pudding            | 7. Stuff Shell, green beans, wheat bread, pineapple tidbits    | 8. Fish Cake, potatoes, wax beans, wheat roll, & mix fruit             | 9. Pork Pie, Peas, wheat roll, apricots                |
| 10. Roast Beef, Potatoe, mix veggies, wheat bread peaches           | 11. Chicken Dippers, rice, carrots, wheat bread & pear | 12. Mac. & Cheese, stewed tomatoes, broccoli, wheat bread, pudding | 13. BBQ Beef Ribs, potatoes, peas, wheat bread, fruit salad                  | 14. Chicken Broccoli & Ziti, garlic stick, juice, cookie       | 15. DINNER DANCE Baked Ham                                             | 16. Vegetable Lasagna, garlic stick, peaches           |
| 17. Roast Turkey, peas, potatoe, stuffing, wheat bread, apricots    | 18. CLOSED PATRIOT'S DAY                               | 19. Cheese Ravioli, wax beans, wheat bread, fresh fruit            | 20. Chicken Leg, potatoe, green beans, wheat bread, pears                    | 21. Hamburg & Onions, potatoe, wax beans, wheat bread, peaches | 22. Pollock. Rice. Carrots. Wheat roll & yogurt                        | 23. Beef Stew, carrots, potatoes, wheat bread, pudding |
| 24. Baked Chicken, baked potatoe, carrots, wheat bread, juice, cake | 25. American Chop Suey. beets. wheat bread. apricots   | 26. Chicken Patties, rice, carrots, wheat bread, peaches           | 27. Chicken Filet, scalloped potatoes, green beans, wheat bread, mixed fruit | 28. Stuffed Cabbage. Corn. wheat bread fresh fruit             | 29. Fish Sticks, potatoes, beets. wheat bread. & pears                 | 30. Meatloaf, potatoe, wax beans, wheat bread, pudding |

## Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You MUST call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

## Grocery Trips to Market Basket

Tuesdays and Fridays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Monday through Friday from 9:00 am to 3:00 pm to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.



## Copper to Fiber Transition: What Consumers Need to Know

The Department of Telecommunications and Cable (DTC) issues the following advisory about the important transition from traditional copper based landline telephone service to fiber optic based landline technologies. Specifically, Verizon is replacing its traditional copper network in certain communities and migrating customers to a fiber network. Customers receiving landline phone service may be impacted by the transition and should be aware that some features and functionalities on the copper network may differ on the fiber network. You should also know that as a Verizon customer once migrated to fiber network, the price you pay for your current calling plan for landline telephone service will remain the same, until you decide to change it AND landline telephone service delivered over a fiber network is not the same as Verizon's FiOS digital voice service. Please read below for more information about the transition.

whether Verizon provides telephone service over copper or fiber network, the DTC will continue to monitor Verizon's performance to ensure compliance with all Massachusetts requirements concerning your consumer rights and protections, service quality, and public safety.

## WarchDog Water Alarm

Fellow senior, Bob MacInnis, says this device is a must have!

Recently, Bob's water heater sprung a leak and he had water in his home. It also leaked into the resident's home living below. To ensure this doesn't happen again Bob purchased the WatchDog Water Alarm.

Watchdog detects leaks before costly water damage is caused. It can be placed directly on floors or mounted for installation in a variety of locations, such as under the sink or next to the washing machine. The 110 dB alarm can be heard throughout the house. This device can be purchased at Home Depot for just under \$12.00 and requires a 9-volt alkaline battery (not included). Thank you Bob!

FEEL GOOD ABOUT HELPING THOSE THAT CANNOT HELP THEMSELVES! The Meals on Wheels is in need of a couple Volunteer Drivers. The Nutrition program of Elder Services is looking for some Meals on Wheels Drivers for the Lowell Area. If you have a few hours a day, a vehicle, available Monday through Friday and would like to help home-bound elders receive a nutritious hot lunch, call us today. If interested or for more information please call Joyce at 978-651-3021 or email [jdastou@esmv.org](mailto:jdastou@esmv.org)



Beau Paris entertained and kept everyone dancing during his performance at the February Dinner-Dance



Check back for next date & time!  
Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

The HMO plan is a Five STAR PLAN with Medicare (one of only 12 in the Country). Enrollment will be open throughout the year.

## Personal Computer/ Tablet Assistance with Pierre & Don

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday of the Month by appointment



## CTI Bone Builders Class

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

See Calendar for dates & times

Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*



**MEALS ON WHEELS IN ACTION** —For over 300 days a year the production line above works five days a week packaging and delivering over 24,000 “Meals on Wheels” (MOW) for the homebound annually, averaging over 300 meals per day. Eating well is an important part of staying healthy and remaining independent. When it becomes difficult for an elder to prepare a meal, the meals on wheels program can help. Nutrition Programs, funded by state and federal dollars are designed to help provide for the nutritional needs of older adults. Nutritious hot meals are offered at noon time in different venues. Home Delivered Meals (Meals on Wheels) support the nutritional needs of elders age 60 and over who may not be able to cook for themselves or attend congregate meal sites to eat a noon day meal with others. Meals are delivered hot to an individual’s home by a volunteer driver who works an established route. Storm packs, frozen meals, and special dietary meals are also available. Shown at left are MOW staffers Site Mgr. Cheryl Roy, Renet Pierre, Don McGrath, Stacey Drees and Site Aid, Linda Vieira. Shown at right are representatives of TRINITY EMERGENCY MEDICAL SERVICE that made deliveries on March 24 to those in need. From the left, Christopher Dick, Director of Business Development, Joyce Dastou, Area Manager of MOW of Elder Services of the Merrimack Valley and John Chemaly, Co-owner and President along with his partner (*absent at time of picture*) Gary Sepe, Co-Owner & Executive Vice President.



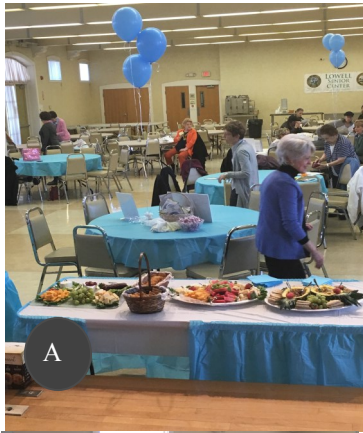
## Support Group for Suicide Attempt Survivors

The Samaritans of Merrimack Valley, a program of Family Services of the Merrimack Valley, is running a support group for suicide attempt survivors. This support group is for anyone who has attempted suicide over age 18 and in need of connecting with others who have been through the same experience. During the 8 weeks, topics such as safety planning, coping skills, self-care techniques and events that lead to your suicide attempt will be discussed. We do require attendees to be in therapy at the time of enrollment and throughout the 8 weeks. If you are not in therapy, but are interested in joining, please contact us for a referral. The size of the group is limited to 6 people and you will need to make a commitment to attend all meetings. This suicide attempt survivor support group is confidential, free and led by Craig Miller, an attempt survivor. All participants must complete a registration and intake form and in-person interview. Snacks and Refreshments will be provided.

**Our next group is beginning on Thursday, April 7 and ends on May 26 from 6:00 pm to 7:30 pm at Family Services of the Merrimack Valley, 430 North Canal Street in Lawrence.**

**To make a referral or for more information, please contact: Debbie Helms at 978-327-6671 [dhelms@fsmv.org](mailto:dhelms@fsmv.org) 430 North Canal Street Lawrence, MA 01840 P: 978-327-6670 F: 978-327-6601 [www.stop-suicide.org](http://www.stop-suicide.org)**





A

**Circle Home** sponsored a active and well attended presentation about “Falling” and preventive ways on how to avoid a fall. Among those supporting the informative event were: **A.** Workers preparing the Hall and prepping the healthy treats. **B.** Circle Home Representatives **C.** Home Modification Loan representative **D.** Ladies from Life Care of the Merrimack Valley Alison Hanno, Peggy Ruskey and Holly Ruskey **E.** Attendees check their answers of their test. **F.** A blood pressure check **G.** Alterative Care Providers **H.** New England/Boston Walk-in Baths and Stairlifts Co. **I.** Hannaford Groceries and Prescription services. **J.** Physical Therapist Dr. George Potamitis chats with Eileen Malloy **J.** A happy visitor takes is all the informative info at the event.



B



C



D



E



F



G



H



I



J

### **Coming up in downtown Lowell:**

**Suburban Boston Spring Home Show—April 1, 2 & 3**

**First Thursdays—Kicks off the season April 7 arts, music, shopping and dining and a special celebration alongside the Lower Locks Canal Complex including canal lighting and performances.**

**Garden Brothers Circus—April 15/16 at the Tsongas Center**

### **Looking ahead:**

**Friday Nights—New series of summer fun every second Friday of the month, May - October. Begins Friday, May 13 in Lucy Larcom Park**

**MCC Celebrity Forum—June 3 at the Lowell Memorial Auditorium**

**Summer Kick-Off—June 17, 18 & 19, Downtown Lowell**

**At the Tsongas Center in June—the Congress of Future Medical Leaders (6/25-27) and the Congress of Future Scientists (6/29-7/1) returns to the Tsongas Center.**

**For current information on upcoming events—arts, culture, sports and more—check out Lowell’s events calendar.**

## Home Care Program

### Fact Sheet

### Home Care Program

*The Massachusetts state funded Home Care program designed to help older people who meet income and need guidelines, remain safe and independent at home.*

Elder Services believes most elders want to remain safe and independent in their own homes. Sometimes this becomes difficult when their health begins to decline with the result being the inability to manage routine tasks of daily living. By providing trusted services and resources, Elder Services can help.



Contact your State Legislatures' TODAY

The state funded Home Care Program provides in-home help and resources to elders who are residents of the Merrimack Valley and who meet certain guidelines. Home care services are designed to help older adults maintain their independence at home and in the community. A Care Manager/Registered Nurse team works closely with elders, caregivers, families and community agencies to coordinate and monitor care plans aimed at meeting the health and social needs of each individual.

### Services

A Care Manager/Registered Nurse team authorize services provided under contract with community agencies selected for cost and quality. Services may include but are not limited to:

Our staff is organized by teams. While each elder consumer has a primary Care Manager, additional help with issues or questions about care plans is available from our Help Desk Specialist or any member of the Care Management Team. Staff monitor the Care Plan

through periodic home visits. Services may be provided in individual homes or in elder housing complexes where services may be grouped or clustered for cost effectiveness and efficiency.

### Cost

To receive services through the Home Care Program, adults, 60 years of age and older, must meet income and need guidelines. Services may be available at no cost or cost shared on a sliding fee scale.

### More Information

For more information on our Home Care Program, call our Age Information Department at 1-800-892-0890.

- Adult Day Care
- Care Management
- Chore Services (heavy house cleaning)
- Companionship • Crisis Intervention
- Home Delivered Meals
- Home Health Care
- Homemaker Services
- Medical Transportation
- Money Management
- Nursing Home Screening
- Personal Care
- Respite Care
- Social Day Care

Elder Services of the Merrimack Valley, Inc. respects and supports diversity of all kinds among staff, providers and clients. We do not discriminate based on age, race, color, religion, gender, sexual orientation,



gender identity, disability, marital status, citizenship, national origin, or veteran status. We are a private non-profit agency supported by state and federal contracts, foundations, corporations and private donations that help provide choices for older adults allowing them to remain safe at home.



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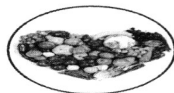
[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

# Stroke Awareness Dinner

Join Jonathan Drake, MD, emergency medicine physician, and Jason Viereck, MD, neurologist, to learn the signs and symptoms of stroke as well as lifestyle changes to aid in stroke prevention.



Register by calling 1-877-LGH-WELL or visiting [www.lowellgeneral.org/health](http://www.lowellgeneral.org/health)

## STROKE WARNING SIGNS AND SYMPTOMS



**F**ACE DROOPING



**A**RM WEAKNESS



**S**PEECH DIFFICULTY



**T**IME TO CALL

**Wednesday, May 18  
6:00-8:00pm**

**Lowell General Hospital  
Clark Auditorium  
295 Varnum Avenue  
Lowell, MA**

Dinner is provided  
for this FREE event.

Lowell General Hospital  
*Complete connected care™*